

ABSTRACT

An apparatus and method for selectively or contemporaneously tenderizing and marinating meats or other 5 desired food items, wherein implementation of the present method entails application of a sealable apparatus having a mechanical tenderizing assembly incorporated therein, thus permitting the sequestration and containment of raw meat juices, meat particulate, and/or marinade therewithin 10 during the tenderizing process, thereby eliminating leakage and/or splatter of same, and reducing or eliminating associated bacterial proliferation and contamination of surrounding surfaces or food items.